



Fall Edition, September – December 2014

# Young at Heart Senior Center Newsletter - Fall 2014



Please visit our website at  
<http://www.fairfaxva.gov/ParksRec>



## Four ways to register for classes

1. **ONLINE:** [www.fairfaxva.gov/ParksRec](http://www.fairfaxva.gov/ParksRec),  
24 hours a day.
2. **WALK-IN:** Come to the  
City Hall Office, Stacy C. Sherwood Community  
Center or Green Acres Center:  
8:30am–5 pm, Monday – Friday.
3. **MAIL-IN:** Signed and completed registration  
forms must be mailed to:  
City of Fairfax Parks and Recreation,  
10455 Armstrong St. Fairfax, VA 22030.
4. **FAX-IN:** Signed and completed registration  
forms must be faxed to  
703-246-6321

### Payment Method Accepted

American Express, Discover, MasterCard or Visa  
Make checks payable to: *City of Fairfax*.  
Payment must be made at the time of  
registration. Assumption of Risk  
Waiver, found on registration form, must be  
signed by all participants at time of registration.

## General Information

### Welcome

The City of Fairfax Senior Center invites you to join the  
*Young at Heart Senior Center* for “Amazing Experiences!”

The City of Fairfax’s Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. A registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building. *More membership information inside.*

We hope you get involved in the many senior center activities, free and fee-based classes, special events and trips during this wonderful autumn season.

The City of Fairfax Parks and Recreation Department is constantly striving to keep our gold medal standards and committed to our mission to: *Enrich the quality of life in the City of Fairfax and maintain the unique hometown character that makes the City a special place to live, work and play.*

### Senior Center Location

Green Acres Center  
4401 Sideburn Road  
Fairfax, VA 22030  
703-273-6090 TTY (711)

### Hours of Operation:

Monday through Friday  
8am to 5pm

### Green Acres Senior Center Staff

Anne Chase  
Recreation Manager and Senior Center Manager  
[anne.chase@fairfaxva.gov](mailto:anne.chase@fairfaxva.gov)  
(703) 359-2487

Daniel Young  
Assistant Senior Center Manager  
[daniel.young@fairfaxva.gov](mailto:daniel.young@fairfaxva.gov)  
(703) 385-3943

Jann Richards-Hardy  
Recreation Assistant  
[jann.hardy@fairfaxva.gov](mailto:jann.hardy@fairfaxva.gov)  
(703) 273-6090

# Senior Center General Information

## Senior Center Activities at Green Acres Center

*These are ongoing activities that take place at the Senior Center. Mark your calendars so you can participate in the fun! More information on activities and programs taking place at the Senior Center can be found on our website at [www.fairfaxva.gov/parksRec](http://www.fairfaxva.gov/parksRec).*

### **Men's Morning Coffee Group**

Every morning, 8am-10am:  
Coffee, breakfast treats and lively conversation.

### **Bocce**

May – September, Thursdays, 9am-11am:  
Tournament-style play. Outdoor courts.

### **90's Club**

For those in 10<sup>th</sup> decade, meet 4<sup>th</sup> Friday, 10am.

### **WWII Veterans Association**

Meets quarterly. Call Bill Sheads: 703-323-9444.

### **Current Events Group**

Every Tuesday, 1pm-3pm: Discuss the latest topics going on in our world.

### **Mah Jongg**

Every Monday, 10am-2pm:  
Similar to the western card game Rummy, Mah Jongg is a game of skill, strategy and calculation involving a certain degree of chance.

### **Fairfax Antique Arts Association**

Third Thursday of each month at 10am: Invites guest speakers to show and discuss their collections.

### **BUNCO**

Every other Friday of the month at 10:30am:  
Please check monthly calendar for dates.

### **Pinochle/Mexican Train/Canasta**

Played daily throughout the week starting at 9:30am or 10am (check monthly calendar).

### **NOVA Neighbors Bridge**

First and third Mondays of each month at 12 noon: play intermediate to advanced contract bridge. Chicago scoring is used, but party bridge rotations are followed.

### **Military History**

Every Tuesday, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.

### **Library**

Books loaned on Honor system: enjoy and return. We appreciate the donation of books published after year 2000.

### **Monthly Birthday Celebrations**

First Fridays at 12 noon.

### **Senior Pickleball**

Every Tuesday, Wednesday, and Thursday: 1pm - 3pm. A racquet sport which combines elements of badminton and table tennis. Great exercise and fun!

### **"Fabric Fanatics" Sewing Group**

Usually last Thursday each month, 10am-3pm:  
A wonderful way to work on your own project or offer your help for a charitable cause. Refer to calendar.

### **Euchre Card Game**

Fridays, 1:30pm. Need four participants to play; Free.

### **Millennium Art Guild**

Every Thursday, 1pm- 4pm:  
Artists bring in their own art projects and supplies. All forms of art are welcome.

### **BINGO**

Every other Friday of the month at 10:30am:  
Please check monthly calendar for dates. Fee to play.

### **Day at the Races**

Every other Monday of the month, 10:30am:  
Please check calendar for dates.

### **German Conversation**

Thursdays from 10:30am-Noon:  
For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....

### **Chess**

Strategize on the checkerboard. Every Monday 10am.

## CITY OF FAIRFAX SENIOR CENTER

September 2014

(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Labor Day Holiday: Center Closed</p> 	<p>2</p> <p>8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball 3pm: Pickleball Lessons - 4x</p>	<p>3</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: <u>National Geographic Trip</u> 10am: Pinochle 1pm-3pm: Pickleball 2:15: Come Sit Meditation – 4 wk.</p>	<p>4</p> <p>8am: Men's Coffee Group 9am: Bocce – outside courts 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10:30am German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit – 2 wks.</p>	<p>5</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi -Adv./ Beg. 9:30am: Pinochle 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: September Birthdays! 12:30pm: Bring Your Sandwich &amp; Something to Share 1pm: Walking the Neighborhood 1:30pm: Euchre</p>	<p>6</p> <p>September – October Trips published in early August with Registrations beginning Monday, August 18 at 8:30am on-site; 12 noon online and phone.</p>
<p>8</p> <p>8am: Men's Coffee Group 9am: Zumba Gold Dance – 8 wks. 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing 10am: Mah Jongg / Chess 10:30am: DAY AT THE RACES 11:00am: Your iPad-NEW – 8 wks. 4pm: Art for Seniors – 6 wks</p>	<p>9</p> <p><b>WELCOME the</b> <b>N. VA Sr.Olympics at Green Acres</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Beginner Bridge Day 10am: NVSO Bocce 10am: Canasta / Military History 11am NVSO Horseshoes 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball / 3pm: Lessons</p>	<p>10</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Beginner Bridge Day! 10am :Nemours Mansion &amp; Garden, Brandywine Museum 10am: Pinochle 10am: MOVIE &amp; POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>11</p> <p>8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 2:15pm: Sit &amp; Get Fit 1pm-4pm: Millennium Art Group</p>	<p>12</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Housing Options with Heidi Garvis, Sr. Housing Consult. 12 noon: Bring Your Sandwich &amp; Something to Share 1pm: Walking / 1:30pm: Euchre</p>	<p>13</p> <p><b>Bold items on calendar are new sessions beginning or special events.</b></p>
<p>15</p> <p>8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Crafts 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing 11:00am: Your iPad 12pm: NOVA Neighbors Bridge 4pm: Art for Seniors class</p>	<p>16</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: AARP Smart Driver Course 10am: Military History / Canasta 11:30am: Easy Strength Training 1 pm: Current Events 1-3pm: Pickleball / 3pm: Lessons</p>	<p>17</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: <u>Annapolis Trip</u> 10am: AARP Smart Driver Course 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: NO Meditation this week</p>	<p>18</p> <p>8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Adv. Contract Bridge 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Group</p>	<p>19</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: Bring Your Sandwich &amp; Something to Share 1pm: Walking / 1:30pm: Euchre</p>	<p>20</p> <p>Enjoy your last Weekend of Summer!</p> 
<p>22</p> <p><b>AUTUMN EQUINOX – 10:29pm</b> 8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 11:00am: Your iPad 4pm: Art for Seniors class</p>	<p>23</p> <p><b>Fall Prevention Awareness Day</b> 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: Senior Council Meeting 2:15pm: Barre Basics – NEW!</p>	<p>24</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9am: <u>National Art Gallery West Building Trip</u> 10am: Pinochle 1-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>25</p> <p>8am: Men's Coffee Group 9am: Bocce &amp; Awards Luncheon 9:30am: Adv. Contract Bridge 10am Fabric Fanatics <b>CANCELLED</b> 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Group</p>	<p>26</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am Cut Coupons for Military 10am: Grand Slam Bridge/Pinochle 10am: 90s Club 10:30am: BUNCO 12noon: Bring Your Sandwich &amp; Something to Share 1pm: Walking / 1:30pm: Euchre 5pm: Photo Contest Entries Due</p>	<p>27</p> <p>**** All Guest Speakers and Potluck Luncheons require advanced registration at the Front Desk or call (703) 273-6090</p>
<p>29</p> <p>8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Crafts 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge -6 wks 10am: Mah Jong/Chess 10:30 am: Line Dancing – 8 wks. 11:00am: Your iPad 4pm: Art for Seniors class</p>	<p>30</p> <p>8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball / 3pm: Lessons 2:15pm: Barre Basics</p>		<p><b>NEW</b> <b>Personal Fitness Training</b> Tuesdays, 11am-12noon Wednesdays, 1pm-2pm Fees: ½ hr session \$20 1 hr session \$40 <u>Call for an Appointment:</u> 703-273-6090</p>	 <p>Fitness Room Open Mon-Fri, 8am- 5pm FREE</p>	<p>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change updates will be posted on website and at senior center.</p>

## CITY OF FAIRFAX SENIOR CENTER

October 2014

(703) 273-6090





Mon	Tue	Wed	Thu	Fri	Sat
 <p>Fitness Room Open Mon-Fri, 8am- 5pm FREE</p>	<p>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change updates will be posted on website and at senior center.</p>	<p>1 <b>November-December Trips posted</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>10:30am: Air and Space Museum</b> 1-3pm: Pickleball 2:15pm: Come Sit Meditation 3:30pm: Decorate Center for Autumn</p>	<p>2 <b>Lion's Sight and Hearing Van</b> <b>Walgreen Flu Shots 9-2</b> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild <b>2:15pm: Sit &amp; Get Fit – 5 wks.</b></p>	<p>3 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:30am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge/Pinochle 10:30am: BINGO <b>12 noon: October Birthdays!</b> <b>12:30 pm: Photo Contest - AWARDS!</b> 1pm: Walking / 1:30pm: Euchre</p>	<p>4 <b>Bold items on calendar are new sessions beginning or special events.</b></p>
<p>6 8 am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing <b>10:30am: DAY AT THE RACES</b> 11am: Your iPad class 12 noon: NOVA Neighbors Bridge <b>2:15pm: Chair Yoga – 6 wks.</b> 4pm: Art for Seniors class</p>	<p>7 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm: 55+ Pickleball 1pm: Hospitality Committee Mtg. 2:15pm: Barre Basics <b>3pm: Pickleball Lessons – 4 wks.</b></p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise <b>9:30am: Graves Mountain Lodge Trip</b> 10am: Pinochle <b>10am: MOVIE &amp; POPCORN</b> 1pm-3pm: Pickleball <b>2pm: Intro. to Digital Scanning</b> <b>2:15pm: Come Sit Meditation – 4x</b></p>	<p>9 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge <b>9:30am: Intro. to Digital Scanning</b> 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit</p>	<p>10 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge 10am: Pinochle 10:30am: BUNCO 12noon: Bring Your Sandwich &amp; Something to Share 1pm: Table Games / Walking 1:30pm: Euchre</p>	<p>11 <b>Fairfax</b>  <b>Festival</b> <b>10am-5pm</b> <b>(Raindate: 10/12)</b></p>
<p>13 <b>Columbus Day – OPEN!</b> 8am: Men's Coffee Group <b>8:30am/12pm: Register Nov-Dec Trips</b> 9am: Zumba Gold Dance 9:30 am: Contract/Duplicate Bridge 9:30am: Beginner Bridge / Crafts 10am: Mah Jongg / Chess 10:30am: Line Dancing 11am: Your iPad class 2:15pm: Chair Yoga 4pm: Art for Seniors class</p>	<p>14 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Barre Basics 3pm: Senior Pickleball Lessons</p>	<p>15 8am: Men's Coffee Group 8:30am: Seniorcise <b>9:30am: Toby's Memphis</b> 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>16 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation <b>11:30am/11:45am: LUNCH BUNCH</b> 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit</p>	<p>17 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge Group 10:30am: BINGO 12 noon: Bring Your Sandwich &amp; Something to Share 1pm: Walking / 1:30pm: Euchre</p>	<p>18</p>
<p>20 8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing 10:30am: <b>DAY AT THE RACES</b> 11am: Your iPad class 12 noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga</p>	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Barre Basics 3pm: Senior Pickleball Lessons</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>12:15pm: Del Ray Food Tour</b> 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>23 8am: Men's Coffee Group 9:30 am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing Group 10:30am: German Conversation <b>11am: Shingles with Walgreen's Pharmacist</b> 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit</p>	<p>24 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Coupons For Military 10am: Grand Slam Bridge/Pinochle 10am: 90s Club 10:30am: BUNCO 12 noon: Bring Your Sandwich &amp; Something to Share 1pm: Walking / 1:30pm: Euchre</p>	<p>25 <b>NEW!</b> <b>Personal Fitness Training</b> Call for an appointment ½ hr session \$20 1 hr session \$40 </p>
<p>27 8 am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge / Crafts 10am: Mah Jongg / Chess 10:30am: Line Dancing 11am: Your iPad class 2:15pm: Chair Yoga <b>4pm: Art for Seniors – 6 wks.</b></p>	<p>28 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3pm: Pickleball Lessons 2pm: Senior Council Meeting 2:15pm: Barre Basics</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>30 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit 3pm: Set-up for Halloween Party</p>	<p>31 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10:30am: BINGO <b>11:30am: Halloween Potluck</b>  1pm: Walking / 1:30pm – Euchre</p>	<p>**** <b>All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</b></p>

Mon	Tue	Wed	Thu	Fri	Sat
<b>3</b> 8am: Men's Coffee Group <b>9am: Zumba Gold Dance – 7 wks.</b> 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing 10:30am: <b>DAY AT THE RACES</b> <b>11am: Your iPad - NEW</b> 12 noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm: Art for Seniors class	<b>4</b> 8am: Men's Coffee Group <b>8:30am: Seniorcise</b> 9:30am: Mexican Train 10am: Military History / Canasta <b>11:30am: Easy Strength Training</b> 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. <b>2:15pm: Barre Basics - 6 wks.</b>	<b>5</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u><b>TRIP to be announced 10/1</b></u> 1pm-3pm: Pickleball <b>2:15pm: Come Sit Meditation</b>	<b>6</b> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation <b>11:30am: Easy Strength Training</b> 1pm- 3pm: Pickleball 1pm-4pm: Millennium Art Guild <b>2:15pm: Sit &amp; Get Fit – 6 wks.</b> 3:30pm: Decorate Center for Thanksgiving Holidays	<b>7</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10:30am: BUNCO <b>12 noon: November Birthdays!</b> 12:30pm: Bring Your Sandwich & Something to Share 1pm: Walk the Neighborhood 1:30pm: Euchre	<b>8</b>  <b>Bold items on calendar are new sessions beginning or special events.</b>
<b>10</b> 8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Crafts 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing <b>11am: Your iPad - NEW</b> 2:15pm: Chair Yoga 4pm: Art for Seniors class	<b>11</b> <b>Veterans Day - Center Closed</b> 	<b>12</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>10am: MOVIE &amp; POPCORN</b> <u><b>TRIP to be announced 10/1</b></u> 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	<b>13</b> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3 pm: Pickleball 1-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	<b>14</b> 8am: Men's Coffee Group 8:30am: Seniorcise <b>9:15/10:15am: Tai Chi: Adv./Beg</b> 9:30am: Pinochle 10:30am: BINGO 12 noon: Bring Your Sandwich & Something to Share 12:30pm: Table Games 1pm: Walk the Neighborhood 1:30pm: Euchre	<b>15</b> <b>HOLIDAY CRAFT SHOW</b> Fairfax HS  <b>10am-5pm</b> Sun 11/16: 10am-3pm
<b>17</b> 8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: <b>DAY AT THE RACES</b> 10:30am: Line Dancing <b>11am: Your iPad - NEW</b> 12 noon: NOVA Neighbors Bridge <b>2:15pm: Chair Yoga – 6 wks.</b> 4pm: Art for Seniors class	<b>18</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball <b>2pm: Learn Spanish! NEW – 10wk</b> 2:15pm: Barre Basics	<b>19</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u><b>TRIP to be announced 10/1</b></u> 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	<b>20</b> 8am: Men's Coffee Group 9:30 am – Adv. Contract Bridge 10:15am: <b>Fairfax Antique Arts Assn.</b> 10:30am: German Conversation <b>11:30am/11:45am: LUNCH BUNCH</b> 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Set-up for Thanksgiving Banquet	<b>21</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle 9:30am: Coupons For Military 9:15am/10:15am: Tai Chi: Adv./Beg 10:30am: BUNCO <b>11:30am: Thanksgiving Banquet</b> 1pm: Walk the Neighborhood 1:30pm: Euchre	<b>22</b>  <b>**** All Potluck Luncheons and Guest Speakers require advanced registration at theFront Desk or call (703) 273-6090</b>
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## CITY OF FAIRFAX SENIOR CENTER

December 2014

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<b>1 January-February Trips Posted</b> 8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: <b>DAY AT THE RACES</b> 10:30am: Line Dancing 11am: <b>Your iPad - NEW</b> 11am: Feldendkrais class 12 noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm: Art for Seniors class	<b>2</b> 8am: Men's Coffee Group <b>8:30am: Seniorcise</b> 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1pm: Hospitality Committee Mtg. 2pm: Learn Spanish class 2:15pm: Barre Basics <b>3pm: Sr. Pickleball Lessons: 4 wk</b>	<b>3</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>TRIP to be announced 10/1</b> 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 3:30pm: Decorate Center for the upcoming Holidays	<b>4</b> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	<b>5</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge Group 10:30am: BUNCO <b>12noon: December Birthdays!</b> 12:30pm: Bring Your Sandwich & Something to Share 1pm: Walk the Neighborhood 1:30pm: Euchre 2pm: Trip Committee Meeting	<b>6</b> Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change updates will be posted on website and at senior center.
<b>8</b> 8am: Men's Coffee Group 9am: Zumba Gold Dance 9:30 am: Contract/Duplicate Bridge 9:30am: Crafts 10 :00am: Mah Jongg / Chess 10:30am: Line Dancing <b>11am: Your iPad - NEW</b> 2:15pm: Chair Yoga	<b>9</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball / 3pm: Lessons 2pm: Learn Spanish class 2:15pm: Barre Basics	<b>10</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>10am: MOVIE &amp; POPCORN</b> <b>TRIP to be announced 10/1</b> 1-3pm: Pickleball	<b>11</b> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	<b>12</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge Group 10:30am: BINGO 12 noon: Bring Your Sandwich & Something to Share 1pm: Walking 1:30pm: Euchre	<b>13</b>  Fitness Room Open Mon-Fri, 8am- 5pm FREE
<b>15</b> 8am: Men's Coffee Group <b>8:30am: Jan./Feb Trip Registration</b> 9am: Zumba Gold Dance 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing 10:30am: <b>DAY AT THE RACES</b> <b>11am: Your iPad - NEW</b> 12 noon: NOVA Neighbors Bridge 1pm: Table games 2:15pm: Chair Yoga	<b>16</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: Learn Spanish class 2:15pm: Barre Basics 3pm: Senior Pickleball Lessons	<b>17</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>TRIP to be announced 10/1</b> 1-3pm: Pickleball	<b>18</b> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15 am: Fairfax Antique Arts Assn. 10:30am German Conversation <b>11:30/11:45am: LUNCH BUNCH</b> 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	<b>19</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle 10am: Grand Slam Bridge Group 10:30am: BUNCO <b>11:30am: Christmas Party Potluck Luncheon</b> 1pm: Walk the Neighborhood 1:30pm: Euchre	<b>20</b> **** All Potluck Luncheons and Guest Speakers require advanced registration at theFront Desk or call (703) 273-6090
<b>22</b> 8am: Men's Coffee Group 9:30am: Crafts 9:30am: Contract/Duplicate Bridge 10:30 am Line Dancing 10am: Mah Jongg / Chess 10:30am: Line Dancing <b>11am: Your iPad - NEW</b> 2:15pm: Chair Yoga	<b>23</b> 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 2pm: Senior Council Meeting 3pm: Senior Pickleball Lessons	<b>24</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle  Closed at 12 Noon: <i>Christmas Eve</i>	<b>25</b> <b>Christmas Holiday Center Closed</b> 	<b>26</b> 8am: Men's Coffee Group 9:30am: Cut Coupons / Pinochle 10am:Grand Slam Bridge/90s Club 10:30am: BINGO 12:30pm: Bring Your Sandwich & Something to Share 1pm: Walking / Table Games 1:30 pm: Euchre	<b>27 Personal Fitness Training</b> Tuesdays, 11am-12noon Wednesdays, 1pm-2pm <u>Fees:</u> ½ hr session \$20 1 hr session \$40 <u>Call for an Appointment:</u> 703-273-6090
<b>29</b> 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Chess 10:30am: Line Dancing 10:30am: <b>DAY AT THE RACES</b> 1pm: Table Games	<b>30</b> 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 1pm: Current Events 1pm-3pm: Pickleball 2pm: Set-up- New Year's Eve Party	<b>31</b> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <b>11:30: New Year's Eve Pizza Party</b> 1-3pm: Pickleball	1 January 2015 – CENTER CLOSED 	<b>Bold items on calendar are New sessions beginning or Special Events.</b>	

# Trips

**The City of Fairfax Senior Center  
Young at Heart Trips  
4401 Sideburn Road, Fairfax VA 22030**






All trips require reservations – first come, first serve. Payment is due at time of registration unless placed on a wait list. Trips depart from the Green Acres senior center. Please arrive 15-30 minutes before departure. \$5.00 fee added per trip for non-members (non-City of Fairfax, non-Fairfax county).

**Registration Time - (for September and October Trip registrations)**






**Walk-In: AUGUST 18<sup>th</sup>, 2014 at 8:30 am**

**Online & Phone (with a credit card): AUGUST 18<sup>th</sup>, 2014 at 12 NOON**











**CALL: 703-273-6090**

	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	<b>SG/GT</b>	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive

## SEPTEMBER TRIPS

 <b>SG</b>	<b>National Geographic: <i>Peruvian Gold</i> Special Exhibit (Washington, DC)</b> – Explore the world and all that's in it at the National Geographic Museum. Check out the <i>Peruvian Gold</i> exhibit from those before the Incas -- it showcases ancient treasures, gold jewelry, and other artifacts from Peru's legendary splendors. Lunch on your own; cafeteria on-site.  <b>Wednesday, September 3, 2014</b> <b>Depart: 10:00 am</b> <b>Approx. Return: 3:30 pm</b>	\$23
 	<b>Nemours Mansion &amp; Garden and Brandywine River Museum of Fine Art (Wilmington, DE)</b> – Subsidized by YAH – Board your charter motor coach to first lunch on your own at Purebread Deli. Then proceed to the DuPont family's Nemours Mansion & Garden, copied from the famous Chateau de Versailles in France. Last stop is Brandywine River Museum of Fine Art, a 19 <sup>th</sup> century renovated grist mill featuring Andrew Wyeth paintings. Depart by 4pm.  <b>NOTE: EARLY REGISTRATION – Sign up NOW!</b> <b>Wednesday, September 10, 2014</b> <b>Depart: 8:00 am</b> <b>Approx. Return: 7:00 pm</b>	\$55
   <b>GT</b> 	<b>Annapolis (Annapolis, MD)</b> – Start your day with a Coach and Stroll, departing from College Avenue and ending at the City Dock. The tour includes the interior of the State House (see photo ID below), and a driving tour with a town - guide. Time for lunch and shopping before cruise. Next we will board the boat for the Annapolis Harbor & U.S. Naval Academy Cruise, departing from Susan Campbell Park at Annapolis City Dock.  <b><u>NOTE: Must have Valid Government Photo ID Required for entry into State House. No Exceptions.</u></b>  <b>Wednesday, September 17, 2014</b> <b>Depart: 9:00 am</b> <b>Approx. Return: 5:00 pm</b>	\$44
  <b>SG</b>	<b>National Art Gallery West Building (Washington, DC)</b> – Two very special exhibits are now being showcased: 1) <i>Andrew Wyeth: Looking Out, Looking In</i> gathers together, for the first time, watercolor and tempera paintings of a select group of windows. 2) <i>Degas/Cassatt</i> : a 40 year friendship of French Edgar Degas with American Mary Cassatt with artistic innovation in impressionism showcasing 70 works. Lunch on your own in the Concourse.  <b>Wednesday, September 24, 2014</b> <b>Depart: 9:00 am</b> <b>Approx. Return: 3:00 pm</b>	\$15

## OCTOBER TRIPS

   <b>SG</b>	<b>Air and Space Museum (Chantilly, VA)</b> – The Udvar-Hazy Center in Chantilly, Virginia is our companion facility to the Museum on the National Mall in Washington, DC. Opened in 2003, its two huge hangars — the Boeing Aviation Hangar and the James S. McDonnell Space Hangar — display thousands of aviation and space artifacts, including a Lockheed SR-71 Blackbird, a Concorde, and the space shuttle <i>Discovery</i> . Lunch on your own.  <b>Wednesday, October 1, 2014</b> <b>Depart: 10:00 am</b> <b>Approx. Return: 3:30 pm</b>	\$15
  <b>SG</b> 	<b>Graves Mountain Lodge (Syria, VA)</b> – Back by popular enjoyment! This lodge has beautiful views of the Blue Ridge Mountains as they change over to their breathlessly striking Fall colors. We'll eat a family style lunch and then head to the farm where Mr. Graves will talk about the history of the Graves' Family, the Lodge, and the Orchard. Last, we'll travel to the packing shed for apple purchases – bring some money! Lunch included at Lodge.  <b>Wednesday, October 8 2014</b> <b>Depart: 9:30 am</b> <b>Approx. Return: 5:30 pm</b>	\$40
	<b>Toby's Dinner Theater: <i>Memphis</i> (Columbia, MD)</b> – From the underground dance clubs of 1950's Memphis, Tennessee, comes a hot new Broadway Musical that bursts off the stage with explosive dancing, irresistible songs and a thrilling tale of fame and romance. Their fabulous luncheon buffet included.  <b>Wednesday, October 15, 2014</b> <b>Depart: 9:30 am</b> <b>Approx. Return: 4:00 pm</b>	\$66
  <b>GT</b> 	<b>Historic Del Ray Food Tour (Alexandria, VA)</b> – Taste your way around the culinary scene in this small-town suburb south of Alexandria. On this 3-1/2 hour guided walking tour, you'll taste innovative dishes from creative chefs utilizing food sourced from around the region. Seating and special service is provided at all included restaurants.  <b>Wednesday, October 22, 2014</b> <b>Depart: 12:15 pm</b> <b>Approx. Return: 5:00 pm</b>	\$75

# Senior Classes

Activity	Day(s) and Time(s)	Fee(s)
Zumba Gold	Mon, 9:00am-10:00am	9/8-10/28 = \$50; 11/3-12/15 = \$43.
Beginner Bridge Classes	Mon, 9:30am-11:30am	9/29-11/3. FREE with registration.
Line Dancing	Mon, 10:30am-11:30am	9/29-11/17 = \$46; 11/24-12/29 = \$35; \$8/class.
NEW! Your iPad	Mon, 11:00am-12 noon	9/8-10/27; 11/3-12/22 = \$79/session.
Chair Yoga	Mon, 2:15pm-3:15pm	10/6-11/10; 11/17-12/22 = \$31/session; \$8/class.
Art for Seniors	Mon, 4:00pm-5:30pm	9/8-10/13; 10/27-12/1 = \$72/session.
Seniorcise	Tue/Wed/Fri, 8:30am-9:30am	9/3-10/31; 11/4-12/31(no class 11/11, 11/27, 11/28, 12/25, 12/26) \$73/session; \$141 All; \$8/class.
Easy Strength Training	Tues, 11:30am-12:30pm	9/9-10/28; 11/4-12/30 (no 11/11) = \$30/session; \$8/class.
NEW! Learn Spanish	Tues, 2:00pm-3:00pm	11/18-1/20/15 (no 12/23 & 30) = \$95.
NEW! Basic Barre for Seniors	Tues, 2:20pm-3:15pm	9/23-10/28; 11/4-12/16 (no 11/11) = \$31/session; \$8/class.
Pickleball Lessons	Tue, 3:00pm-4:00 pm	9/2-30 (no 9/23); 12/2-23 = \$20/session. 10/7-21 = \$15.
Beginner Bridge Day	Wed, 9:30am-3:00pm	9/9. FREE with registration.
Intro to Digital Scanning	Wed 10/8: 2:00pm-4:00pm ; Or Thurs, 10/9: 9:30am-11:30am	FREE with registration.
Come Sit Meditation	Wed, 2:15pm-3:15pm	9/3-10/1 (no 9/17); 10/8-29; 11/5-12/3 = \$30/session; \$10/class.
Easy Strength Training	Thurs, 11:30am-12:30pm	9/4-10/30 = \$30; 11/6-12/18 (no 11/27) = \$25/session; \$8/class.
Sit & Get Fit	Thurs, 2:15pm-3:15 pm	9/4-11 = \$10; 10/2-30 = \$25; 11/6-12/18 (no 11/27) = \$30; \$8/class.
Tai Chi Chuan	Fri, Beg: 10:15am-11:15am; Fri, Adv: 9:15am-10:15am	9/19-11/7; 11/14-1/9/15 (no class 11/28) = \$45/session; \$8/class.
NEW! Yoga for Stress Relief	Fri, 2:00pm-3:15pm	9/12-10/31. FREE with registration.
NEW! Personal Fitness Training	Tues, 11:00am-12 noon; Wed, 1:00pm-2:00pm	Call for appointment: 703-273-6090. ½ hr: \$20; 1 hr: \$40.

# Adult Classes at Green Acres Center

Activity	Day(s) and Time(s)	Fee(s)
Hula Dance	Mon, 4:30pm-5:30pm	9/8-10/27; 11/3-12/22 = \$50/session.
Ukulele I Lessons	Mon, 6:00pm-7:00pm	9/8-10/27; 11/3-12/22 = \$65/session.
Tai Chi Chuan: All Levels	Mon, 5:45pm-6:45pm	9/29-11/17; 11/24-1/26/15 (no class 12/29, 1/19) = \$55/session.
Sin Moo Hapkido Martial Arts	Mon and Wed, 6:30pm-8:00pm	9/3-11/10; 11/12-1/28 (no 11/26, 12/24, 12/31) = \$75/session.
Clock Repair	Mon and Wed, 7:00pm-10:00pm	9/15-1/5 (no 11/26, 12/24, 12/31) = \$210.
B-Fit	Tues/Thurs/Fri, 9:30am-10:30am	9/4-10/28; 10/30-12/30 (no class 11/11, 27, 28, 12/25, 26) = \$96/session; \$8/class.
Morning Pilates	Tues/Wed/Fri, 10:30am-11:30am	9/3-10/28; 10/29-12/19 = \$55/day/session; \$8/class.
Traditional Indian Hatha Yoga	Tues, 7:00pm-8:00pm	10/7-12/2 (no 11/11) = \$70; \$10/class.
Irish Social Dance	Tues, 7:15pm-8:45pm	9/2-30; 10/7-11/4; 11/18-12/16 = \$34.
PM Pilates	Tues or Thurs, 7:45pm-8:45pm	9/2-10/30; 10/28-1/15/15 (no 11/11, 27, 12/23, 25, 30, 1/1) = \$55/day/session; \$115 all.
Cardio Strength Training	Wed, 9:30am-10:30am	9/3-10/29; 11/5-12/31 = \$56/session; \$8/class.
Zumba Fitness	Wed, 11:30am-12:30pm	9/3-10/22; 10/29-12/31 = \$61/session; \$8/class.
Clogging I	Wed, 7:00pm-8:00pm	9/3-11/5 = \$75.
Open Pickleball Play	Wed, 7:30pm-9:30pm	9/3-10/15 = \$35; 11/19-12/17 (no 11/26) = \$20; \$8/evening.
Yoga	Thurs, 10:30am-11:30am	9/4-10/23; 10/30-12/18 = \$56/session; \$8/class.
Barefoot Stretch n Flow	Thurs, 7:00pm-8:00pm	10/2-11/20 = \$75; \$8/class.
NEW! Tibetan Singing Bowls - Meditation & Sound Healing	Wed, 10/8: 7:00pm-9:00pm, or Sat, 12/13: 2:00pm-4:00pm	\$20/workshop, \$25 on-site/workshop.
Basic Dog Obedience (6+ months)	Sun, 1:30pm-2:30pm	9/14-10/19; 11/2-12/7 = \$100/session.

## "Your Way" Fitness Plan

Sept. 3 – Dec. 31 (no class 11/11, 27, 28, 12/25, 26): \$205 – Choose the Classes to Fit Your Schedule!

<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am – B-Fit	9:30am – Cardio Strength	9:30am – B-Fit + Zumba Tone	9:30am – B-Fit
10:30am – Pilates	10:30am – Pilates	10:30am – Yoga	10:30am – Pilates
			11:30am – Zumba

# Upcoming Events

August 29, 11:30 am	Labor Day Cookout
September 1	Center Closed: Labor Day Holiday
September 10, 9:30am-3:00pm	Beginner Bridge Day
September 12, 11:30am	<i>Housing Options</i> with Heidi Garvis Senior Housing Care Consultant
September 16, 10:00 am	Northern Virginia Senior Olympics: Bocce and Horseshoes
September 16/17, 10am–3pm	AARP Smart Driver Program – Pre-registration required.
September 23	Fall Prevention Awareness Day
September 25, 11:30am	Bocce Awards Party and last Tournament Game
September 26, 5:00pm	Senior Center Photo Contest: ENTRIES DUE!
October 2, 9:00am-2:00pm	Lion Sight and Hearing Van and Flu Shots from Walgreens
October 3, 12:30pm	Photo Contest: Presentation of Winners!
October 23, 11:00am	Speaker Walgreen's Pharmacist- Focus on Shingles and other health-related topics
October 31, 11:30am	Halloween Pot Luck Party
November 11	Center Closed: Veterans Day Holiday
November 21, 11:30am	Thanksgiving Banquet
November 27-28	Center Closed: Thanksgiving Holiday
December 19, 11:30am	Christmas Party Pot Luck
December 25	Center Closed: Christmas Holiday
December 31, 11:30am	New Year's Eve Pizza Party
January 1	Center Closed: New Year's Day

Save the Date for this Senior Fundraiser:

**Saturday, March 21, 2015: Antiques and Appraisal Event**

Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax, VA 22030

# Senior Happenings

## APPRAISAL EVENT

The 5<sup>th</sup> Annual Antiques & Trinkets Appraisal Show was held at the Sherwood Community Center in Fairfax on March 22, 2014.

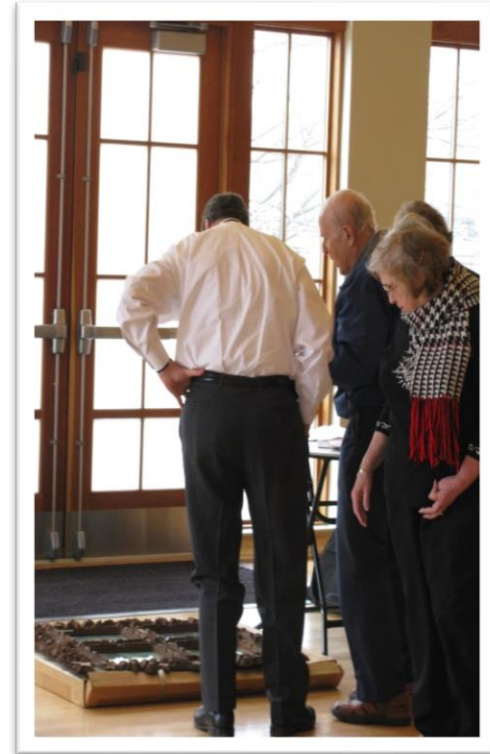
This event was very successful, due to the dedicated volunteers from the sponsoring organization, the City of Fairfax Senior Center. We would like to take this opportunity to thank those who devoted their time and efforts to make this an event to remember.



A heartfelt Thank You to our faithful dealers who have been with us over the years, Tom Weschler of Weschler's of DC, Matt Quinn of Quinn's of Falls Church, Norma Newsome, Linda Goldstein and Seymour Lazarowitz. Without their expertise, this event could not happen.

The socialization aspect of this event made the day more enjoyable and time flew for those waiting their turn. The most common sentences heard were "and what did you bring" which started interesting conversations between total strangers and added to the ambience of this event. The patrons were very happy to visit with their neighbors while they waited to see if they indeed had a "treasure" or a "trinket". We had many treasures this year:

A \$6000 diamond ring, \$950 beautiful doll, \$100,000 gold rim Tiffany table settings, \$10,000 Rolex platinum and diamond watch, the very last item appraised was a \$15,000 diamond/24k gold brooch.



Then again, we had the items brought in that were family heirlooms, worth a lot to the people who owned them, but not that much to anyone other than family. Everyone seemed very pleased with their verbal appraisals and some were headed to their insurance agents.

We all look forward to seeing you at our next Antiques & Trinkets Appraisal Show, which will be held on Saturday, March 21, 2015 at the Stacy C. Sherwood Center, 3740 Old Lee Highway, in the City of Fairfax.

Marcia Clukey/Joan Brown, Co-chairs.

## **Beginner Bridge Day**

Wednesday, September 10: 9:30am – 3:00pm

The City of Fairfax Senior Center is sponsoring a Beginner Bridge Day! Maybe you've played a little bridge and have not found a group or a partner. Or perhaps you just like to play bridge, but are not confident enough to join one of our established games. This day's for you! Open to beginners and novices only with no set tables – we'll fit you in as you arrive. Set your own departure time. Games will be played between 9:30am-3:00pm.

If you plan to stay over lunch, please bring a bag lunch. A refrigerator and microwave are available in the Senior Center.

This is a chance to meet other Beginners and to play against each other. Please call 703-273-6090 to indicate that you may come in order for us to make arrangements for full tables.

## **7<sup>th</sup> Annual Young at Hearts Photo Contest** ***Your Pictures Wanted!***

Photographs taken between January 1 and September 26, 2014  
Categories: Friends and Family, Nature, Travel, and Around Our City  
Application with Rules available at Green Acres Center's Front Desk.

Prizes will be awarded for each category on Friday, October 3<sup>rd</sup> at 12:30pm. Winning entries will be limited to two per person. The actual prizes will be determined prior to the completion of the contest and may include printing in either a Senior Center or other City of Fairfax publication.

Rules:

- Contest is open to seniors 55 years or older.
- Picture must have been taken between January 1, 2014 and September 26, 2014.
- Each entry must be a 4 x 6 inch glossy print.
- Each entry must be accompanied by an entry form.
- The entry must be submitted by the owner of the photograph.
- All entries must be submitted to the Senior Center Staff no later than September 26, 2014.
- A contestant cannot also participate as a judge.

## **Senior Center Registration Information**

New in the City Council 2014-15 budget, and in compliance with our City/County reciprocal agreement, is the implementation of a Non City/Non County membership fee for the City of Fairfax Senior Center.

Starting July 1, 2014, if you are not a City of Fairfax resident or a Fairfax County resident, there will be a membership fee of \$50 per year to join the Senior Center. An individual (55 years and over) may also obtain a guest membership for a daily drop-in fee of \$5.

Memberships will be valid for a 12-month period and can be purchased at any time through our registration system. Please stop by the Green Acres front desk to register and fill out our green registration form.

The membership will allow you unlimited access to all the non-fee programs to include use of the Fitness room, Parties, Special Events, drop-in activities such Bridge, Mah Jongg, Mexican Train, Canasta, Current Events, German Conversation, Pinochle, Movie & Popcorn, Bocce, Pickleball, and much more. Additionally, through your membership, you will have access to register for the fee-based classes and programs for the same fee that residents pay.

# Senior Spotlight

## Randy Myers



**Randy Myers** is highly regarded as a man of gentility who possesses a warm wit. He was born in Plymouth, North Carolina, where his parents owned a Dixie BBQ Pit. When he was young he went to electric school and from there into the military. He joined the Navy as an electrician. He volunteered for a position working on submarines and did so for sixteen years. During those sixteen years, he ran five war patrols. Randy says he loved serving in the Navy.

Randy and his wife, El, have been residents of the City of Fairfax for six decades. On Randy's 90<sup>th</sup> birthday, Mayor Silverthorne, of the City of Fairfax, in concert with the City Council, declared Friday, May 9, 2014 as "Randy Myer's Day" in appreciation of his outstanding military career during WWII, and his services to the community of Fairfax.

Randy spends much of his time caring for his wife, El, but takes time each morning to come share his stories with the Men's Coffee Group. It is a great joy to have Randy here with us at the Senior Center. We look forward to sharing many more amazing experiences with Randy.

## GREEN ACRES SENIOR CENTER MEN'S GROUP

*All interested men are welcome to join "the Committee"*

*8AM to 10AM every day except holidays*

Every weekday morning come rain or shine, the senior men gather at the *Green Acres Senior Center* to have coffee and to share in 2 hours of fellowship. These men refer to themselves as the "Senior Committee on Everything."



Just old men drinking coffee and shooting the breeze don't be fooled  
In this group much knowledge wisdom and experiences are pooled

Our experiences are many and varied

We all have friends who are dead and buried

Our memories of the past may not always be exact

And sometimes they may only border on fact

But the knowledge is there in the things we share

Some of another's experiences we may have nothing to compare

But we have many of our own to disclose

Other times certain chapters in our lives we would close

From politics and religion we mostly keep away

We feel it is better that way

Yes we have experiences to share, stories to tell

But on the past we don't dwell

We are well aware of current events

Although some of it does not make sense

We meet, we talk, drink coffee and we disperse

I cannot capture all of it in verse -Ben Wiles

Standing (left to right): "Buddy" Jenkins, Ed Newcomb, Bill Sheads, Randy Myers, Aubrey Chason, Ben Wiles, George Evans, Seated (left to right): Nick Carter, Ralph Smith, Larry Steinman, Walt Morris, Tai-Kim, Dick Fulton. Members not shown: Charlie Anderson, Joe Bekhor, Vern Cochran, Jim Conklin, Richard Holden, Carl Jenkins, Pete Moran, Jack Price, and Walt Sigrist. Photo by George Evans.

# Senior Center Council

The Senior Council is an important piece of the total picture of the Young at Heart Senior Center. The responsibility of the Advisory Council is to give voice to the Seniors' concerns. The Council's membership is composed of volunteers who have varied areas of interest and involvement in programs and activities at the Senior Center and within the City of Fairfax.

The Council is eager to place concerns of the members on the agenda for discussion and, hopefully, resolution. These concerns could involve classes, programming, social events, fundraisers and even concerns about the building itself. The Council is always open to hearing the suggestions and concerns of the seniors.

Currently we are accepting names for potential council members to sit on our eleven member senior center advisory council for the new term beginning in September. If you are interested in becoming a part of this dynamic group, please call 703-273-6090 to express your interest or sign up at the Green Acres front desk. Deadline for submission will be August 15, 2014.

Council Meetings are held the 4<sup>th</sup> Tuesday of each month at  
Green Acres Center.

Election for new officers will be held in August 2014.

New council members will take office in September 2014.

Current Senior Center Council officers are:

Chair- Gail Wade  
Vice Chair/ PRAB - Jane Albro  
Secretary- Jane Woods  
Treasurer- Paul Kavanaugh

CURRENT COUNCIL MEMBERS

Ellis Hamilton	Paul Gauthier
Gerri Buroker	Frank Kelly
Marcia Clukey	Becky Perry
	Aldo Domenichini

## **Congratulations!**

The City of Fairfax Parks and Recreation Department and the Independence Day Celebration Committee, congratulated the YAH group for winning honorable mention in the marching unit adult category at the city of Fairfax Independence Day Celebration Parade.

**Thanks to all those that participated in the 4<sup>th</sup> of July parade!**

Young at Heart Senior Center

4401 Sideburn Road

Fairfax, VA 22030

**Join us at the Senior Center**

**Learn something new and have some fun!**

**Call the center for details**

**703 273 6090**

**AMERICANS WITH DISABILITIES ACT**

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858